

CLAIMS

What is claimed is:

1. An iron-fortified beverage comprising ferric EDTA and a potable liquid in amount effective to dissolve at least substantially all of the ferric EDTA.
2. The iron-fortified beverage according to claim 1 further comprising a flavoring agent.
3. The iron-fortified beverage according to claim 2, wherein the ferric EDTA is present in an amount to supply about 1 to about 30 percent of the U.S. DV for iron per fluid ounce of the beverage.
4. The iron-fortified beverage according to claim 2, wherein the ferric EDTA is present in an amount to supply about 1 to about 5 of the U.S. DV for iron per fluid ounce of the beverage.
5. The iron-fortified beverage according to claim 2, wherein the potable liquid is water.
6. The iron-fortified beverage according to claim 2, further comprising protein.
7. The iron-fortified beverage according to claim 2, wherein the beverage is a liquid.
8. The iron-fortified beverage according to claim 2, wherein the beverage is frozen.

9. The iron-fortified beverage according to claim 2, wherein the flavoring agent comprises a fruit juice concentrate, a flavor concentrate, a sweetener, or mixtures thereof.
10. The iron-fortified beverage according to claim 2 further comprising vitamin C.
11. An iron-fortified beverage comprising ferric EDTA in an amount, based on iron content, providing at least about 1 percent of the U.S. DV for iron per fluid ounce of the beverage; a flavoring ingredient comprising flavor concentrate in an amount of about 0.02 to about 1 percent; a sweetener in an amount of about 5 to about 25 percent; and potable water in an amount of about 50 to about 95 percent.
12. The iron-fortified beverage according to claim 11, wherein the ferric EDTA is in amount to provide about 1 to about 5 percent of the U.S. DV for iron per fluid ounce of the beverage.
13. The iron-fortified beverage according to claim 11 further comprising vitamin C.
14. The iron-fortified beverage according to claim 11, further comprising about 0.01 to about 1.0 percent of a preservative.
15. The iron-fortified beverage according to claim 14, wherein the preservative is ascorbic acid, citric acid, lactic acid, malic acid, tartaric acid, or mixtures thereof.
16. A soluble powdered beverage mixture which can be reconstituted in a potable liquid to form an iron-fortified beverage, said mixture comprising ferric EDTA, a flavoring agent, and a stabilizer.

17. The soluble powdered beverage mixture according to claim 16, wherein the stabilizer is a cellulose.

18. The soluble powdered beverage mixture according to claim 16, further comprising citric acid and a vitamin/mineral blend.

19. A soluble powdered beverage mixture according to claim 18, wherein, on a dry weight basis, the ferric EDTA is present at about 0.01 to about 0.1 percent, the citric acid is present at about 40 to about 70 percent, the flavoring agent is present at about 5 to about 25 percent, the stabilizer is present at about 5 to about 15 percent, and the vitamin/mineral blend is present at about 5 to about 15 weight percent.

20. The soluble powdered beverage mixture according to claim 19, wherein the ferric EDTA is present at about 0.02 to about 0.04 percent.

21. The soluble powdered beverage mixture according to claim 19, further comprising a sweetener selected from the group consisting of sucrose, glucose, fructose, hydrolyzed corn starch, maltodextrin, corn syrup solids, lactose, high fructose corn syrup, fructooligosaccharides, artificial sweeteners, and mixtures thereof.

22. The soluble powdered beverage mixture according to claim 19, wherein the vitamin/mineral blend comprising vitamin A, vitamin C, vitamin E, zinc, iodine, and copper.

23. A method for preventing or treating iron-deficiency anemia in a mammal by administering an iron-fortified beverage to the mammal in an effective amount, wherein the iron-fortified beverage comprises ferric EDTA and a potable liquid in amount effective to dissolve at least substantially all of the ferric EDTA.

26. The method according to claim 24, wherein the mammal is a human.